

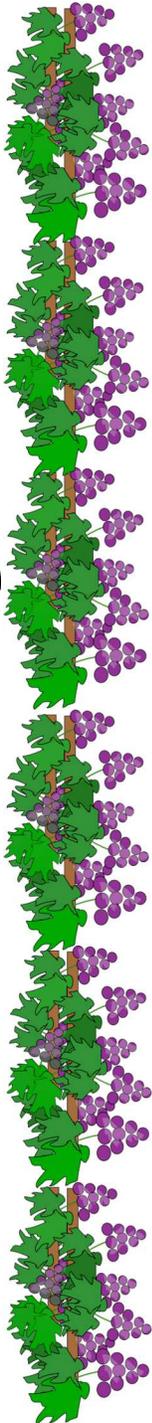


# Sedgefield Presbyterian Church



Responding gratefully through service in our community, worshipping our Creator and working to alleviate hunger in our neighborhood.

## March Grapevine



*"I am the true vine and my Father is the gardener." ~John 15:1*



*"You are from dust and to dust you shall return"*

Simcha Bunim was a Jewish rabbi who lived in Poland in the 1700s. He is best known for what might be called the parable of the two pockets. The parable begins with two slips of paper. On one slip is written, "I am dust and ashes." On the other slip is written, "For my sake the world was created." These two slips of paper are meant to be carried around in two pockets.

Rabbi Bunim said, "Everyone must have two pockets, with a note in each pocket, so that he or she can reach into the one or the other, depending on the need. When feeling lowly and depressed, discouraged or disconsolate, one should reach into the right pocket, and, there, find the words: 'For my sake was the world created.' But when feeling high and mighty one should reach into the left pocket, and find the words: 'I am dust and ashes.'"

The theme of the two messages is that we are at once both things.

I did this, I actually wrote two notes- one with each message and carried them in my pockets. It was a very powerful exercise. Let me encourage you to try it this Lent season. The messages reminded me of my frailty all the while being held in God's steadfast love.

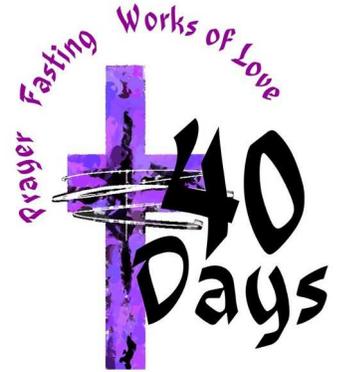
We are entering into the season of Lent, a season (40 days) of prayer and self-examination in preparation of celebration the resurrection of the Lord. After being baptized by John in the river Jordan, Jesus went off alone into the wilderness, where he spent forty days asking himself the question what it meant to be Jesus. We spend these days thinking about what it means to follow Christ and be a child of God and to be in this world and not of this world.

We live in a world that tells us to work harder, to exercise more, buy more skin products, and eat healthy enough so that you can live forever. We all know the real truth is that we will die, that nobody can live forever, that our life is finite. This season reminds us that the good news is we shall return to the dust over which God first breathed life; remembering this should give us freedom to live into the life God gives us.

Let me leave you with these words from Rev. Heidi Carrington Heath, "So, shout it from the roof tops, sing it in your heart, whisper it quietly to yourself, but tell that truth... Then, breathe a sigh of relief and be free. O mortal, you are dust, and to dust you shall return. Thanks be to God indeed."

Peace,

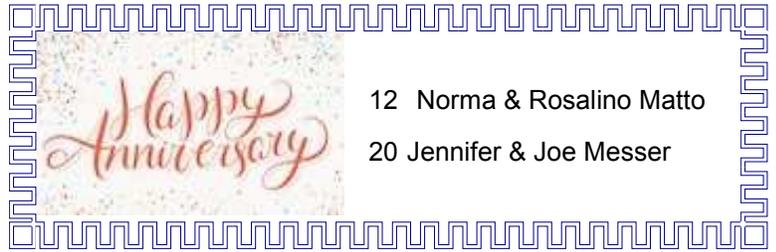
Kim





- 2 Mason Slomka
- 4 Sonya Charters
- 5 Cindy Bilbro
- 10 Kim Ambrosio
- 11 Leisa Huddleston
- 12 Eric Hayes
- 13 Barbara Barker
- 14 Jonathan Perry

- 17 Sam Bucior
- 18 Cassandra Angelo
- 20 Anna Matto
- 24 Wade Burch
- 28 Eric Wilkerson
- Aleesia Ambrosio
- Kate Priddy
- 30 Page Hyers
- 31 Gene Lester



- 12 Norma & Rosalino Matto
- 20 Jennifer & Joe Messer

### Worship Assistants

March	Communion Prep	Communion Serve	Lay Reader	Infant Care	Church School	Ushers/Greeters
1 Communion, Traditional	Gin Reid, Michelle Harkleroad	Team A	Jef Morgan	Carol Reed	Michelle Harkleroad	Jim & Julie Gehling
8 DST begins			Bob Halpin	Diane Weeks	Suzanne Thacker	
15			Linda Price	Charlotte	Gin Reid Hall	
22			Carol Reed	Norma Matto	Shani Lester	
29			Charlotte Stone	Janice Butler	Norma Matto	

**Communion Assistants:**

**Team A:** Chip Burch, Sheryl Bell, Jim Gehling, plus two

**Team B:** Gin Reid Hall, Karen Johnson, Gene Lester, plus two



**Set your clocks AHEAD**  
At 2 am  
Saturday, March 7

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### Elders

**Session Class of 2020:**  
Gin Reid Hall, Gene Lester,  
Myra Montgomery

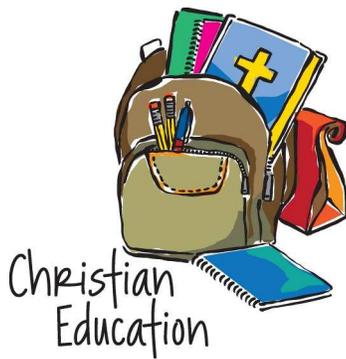
**Session Class of 2021:**  
Sheryl Bell,  
Karen Johnson

**Session Class of 2022:**  
Chip Burch, Jim Gehling

## Adult Sunday School Classes

For Lent, the Adult Sunday School class will study *Faithful Citizenship*, a series by Paul Stroble.

We will explore the concepts of covenant, community and the common good.



## Children's Church School



WHAT IS THIS SEASON OF LENT ALL ABOUT???

We hope that children will join us in worship on Sundays. Following the gathering, greetings, opening rituals, and children's time, those children who choose will be invited to go to church school. Church school is a time for fellowship and learning. **During the month of March, we begin the exploration of the Season of Lent.** The church seasons mark important times in our lives, and we will focus on understanding what Lent is all about.

Some questions to think about:

\*Why is it called Lent?

\*When does Lent begin?

\*When does Lent end?

\*What is the color that represents the Season of Lent?



## Attention All Youth

I am excited that we will continue to meet with the youth of **Jamestown Presbyterian Church.** Middle

School Youth will meet 4:30pm to

6:30pm with dinner included, and the High School Youth will meet at 6pm to 7:30pm. Here is the schedule for the meeting dates for the rest of this year.

- 3/1 - Youth Group
- 3/8 - Youth Group
- 3/15 - Youth Group
- 3/22 - Youth Group
- 3/29 - Youth Group
- 4/5 - Youth Group
- 4/12 - No Youth Group, Easter
- 4/19 - No Youth, Spring Break
- 4/26 - Youth Group
- 5/3 - Youth Group
- 5/10 - No Youth Group, Happy Mother's Day!
- 5/17 - Youth Group Cookout



## SPC Preschool



March is here! March at the preschool means two things... Dr. Seuss and Leprechauns! We will celebrate Dr. Seuss's birthday with our preschoolers with an appearance from Cat

in the Hat and a special snack. We always enjoy going for a Leprechaun Hunt on St. Patrick's Day. Funny, we never find him, but always find what those pesky Leprechauns leave behind.

March is filled with fun at Sedgefield Presbyterian Preschool! We have enjoyed our gymnastics classes on Wednesday with Ms. Dawn. She gets us moving for sure. The classes also have enjoyed music with Mrs. Hammed. We are pros when it comes to the "Chicken Dance!" This year is flying by.

Registration Time It is now open to the community. We are registering children 18 mos-5years. If you have a child that meets those ages or have a friend that is looking for a preschool please have them contact Sedgefield Presbyterian Preschool for a tour and information at 299-5353. School hours are from 9am-1pm. Please check out our website [sedgefieldpresbyterianpreschool.vpweb.com](http://sedgefieldpresbyterianpreschool.vpweb.com)

## WHERE DOES ALL THE MONEY GO?

### Pennies for Hunger

The collection buckets are passed on the first Sunday of each month.

Other times, you can find the buckets near the pulpit; donations are accepted at any time!

## Sunday School Offering

Our congregation is a **GCAN (Guilford Congregational Assistance Network)** partner and we work with Greensboro Urban Ministry and the Salvation Army to meet emergency assistance needs of individuals and families in our community. Please remember your offering!






**A Celtic Gathering with Rev. Frank Dew**  
 Join Rev. Frank Dew and your fellow pilgrims on Thursday, March 19 at 6:30pm at Sedgefield Presbyterian Church for an evening of Celtic music and reflections. You are invited to share your pilgrimage experiences and learn about plans for another pilgrimage in spring of 2021. Please bring a covered dish to share.

For more information or to RSVP, please contact [Rev. Frank Dew](#).



**MATTHEW 25**

FPC has joined the PC(USA) Matthew 25 initiative, committing to embrace Jesus's call in Matthew 25:31-46. During Lent we have two opportunities to explore and discern:

**LEADERSHIP STUDY OF MATTHEW 25**  
 Mondays in March, 5:30-6:45 pm, Solarium  
 Led by Rev. Frank Dew & FPC staff

- March 2 – Biblical Context: Stories, Parables & Systems
- March 9 – Two Parables (Matthew 25:1-30)
- March 16 – No meeting
- March 23 – Jesus's Judgment (Matthew 25:31-46)
- March 30 – Vision & Focus: PC(USA), Salem Presbytery and FPC

These above studies are to be held at First Presbyterian Church. Please try to attend.

*“Becoming a Beloved Community: A Matthew 25 journey to the cross”.*  
 2020 Lenten Devotional booklets are available in the church office.



This is the season of Lent. Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, this is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of *Lent*, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. And planning ahead to Holy Week, our Maundy Thursday worship service will be at 7 pm on April 9.

**Please remember these people in your prayers:**

Jane Wray, Classie Meredith, Nancy Halpin, Jim Gehling's brother-in-law Bill.

Kay Perry's nephew has a bone infection that may require removal of bone. He is Jonathan's age and the son of Karen Perry Hollyday who grew up in this church.

Pray especially for the victims of violence, refugees, and our country.



Note: Prayer requests should be sent to the church office at [office@sedgefieldpresbyterian.org](mailto:office@sedgefieldpresbyterian.org).

## INCOME

Budget 2020

Pledges	\$120,920.00
Non-Pledge	\$7,000.00
Looseplate	\$3,500.00
Building Use	<u>\$3,000.00</u>
<b>TOTAL INCOME</b>	<b>\$134,420.00</b>

## EXPENSES

### PERSONNEL EXP

Minister	Salary	\$18,000.00
	Housing	\$31,000.00
	Prof Exp	\$2,500.00
	Auto	\$3,000.00
	Benefit	<u>\$19,425.00</u>
	<b>Minister Total</b>	<b>\$73,925.00</b>
Music	Salary	\$11,800.00
	Prof Exp	<u>\$200.00</u>
	<b>Music Total</b>	<b>\$12,000.00</b>
Youth/Intern		\$2,000.00
Supply Pastor		\$600.00
Staff	FICA	<u>\$1,000.00</u>
	<b>Total Other Personnel</b>	<b>\$3,600.00</b>
	<b>Total Personnel</b>	<b>\$89,525.00</b>

### PROGRAMS

Christian ED	\$500.00
Congregational Care	\$500.00
Worship	<u>\$2,500.00</u>
<b>Total Programs</b>	<b>\$3,500.00</b>

### OPERATING EXPENSES

Church Insurance	\$9,500.00
Duke Power	\$9,000.00
Garbage	\$2,000.00
Janitorial supplies	\$50.00
Office Supplies	\$200.00
Office Equipment	\$1,000.00
Pest Control	\$600.00
Piedmont Natural Gas	\$6,000.00
Postage	\$400.00
Salem Presbytery Pledge	\$2,000.00
Repairs/Maintenance	\$4,000.00
Telephone	\$2,000.00
Water	\$3,300.00
Miscellaneous	<u>\$250.00</u>
<b>Total Operating Exp</b>	<b>\$40,300.00</b>

<b>TOTAL EXPENSES</b>	<b>\$133,325.00</b>
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<b>DIFFERENCE</b>	<b>\$1,095.00</b>
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Ellen Chel  
center in c  
shirt, with P



### Attention All Cooks!

The volunteers taking part in this very important ministry prepare and deliver food to those who are ill, who have had a death in their family, or are recovering from a medical procedure.



To request help with a meal, or to volunteer, please contact Diane Weeks, at [dianeweeks54@gmail.com](mailto:dianeweeks54@gmail.com).

### Church Connections



A great team of volunteers send notes and goodie packages to our young adults so they know they are always in our prayers at SPC.



*Thanks to parents for sending in students' addresses! If there are changes or additions, please send to [dianeweeks54@gmail.com](mailto:dianeweeks54@gmail.com)*

**Yoga with Ashley**

Every **Tuesday** evening at **5:30 PM**  
in the Gathering Area

## Ladies Lunch

All ladies are invited to attend the luncheon to be held on **Wednesday, March 18, 11:30 at Bravo's.**

Future lunches are scheduled for:

Wednesday, **May 13**, Catered lunch at SPC, \$10 each

Wednesday, **September 16**, 11:30 at River Landing

Wednesday, **December 9**, Catered lunch at SPC, \$10 each.

Please put these dates on your calendar and join the women for fun, food, and fellowship! Call the church office if you need more info.



We welcome our first-time visitors! Volunteers for this ministry greet our visitors and give them information about our church and a package of Equal Exchange coffee.



Please join the Women of the Church at our next monthly dinner. We will meet at **Villa Rosa** on Landmark Center Drive, off Stanley Road, **Monday, March 23 at 6:30.**



*Pictured: February's dinner at Pavilion Restaurant.*



# Benevolence

Taking Care of God's Family



January, February and March are frequently very difficult months for those with limited incomes. Poor insulation, space heaters, and other factors cause utility bills to be very high.

When Greensboro Urban Ministry depletes their funds designated for heating assistance, they ask churches to assist as they are able. Please remember to support the Benevolence Fund each 4<sup>th</sup> Sunday!



Thank you to all who contributed to the **Souper Bowl of Caring** offering on February 2. \$320 and approximately 45 lbs of food were given to the Spartan Open Pantry at UNCG. Many college campuses have a food pantry on campus to help those students who do not have enough to eat. The Spartan Open Pantry provides food for students at Greensboro College and UNCG who are in need of food. The assistant director says they typically give out 20-30 bags of food weekly from their pantry.

*We were fortunate to find these handsome young men to help with our collection!*

Our church has participated in the Souper Bowl of Caring since the mid 90's which supports local food pantries. Your contributions to this important ministry are greatly appreciated!

## Family Reunification Reception

The Association of Mexicans in North Carolina (AMEXCAN) is a non-profit organization located in Greenville, NC that has been serving the Latino residents in eastern North Carolina for over 18 years. In 2018, AMEXCAN began a family reunification program, "Almas Mexicanas", that reunites parents in Mexico who have not seen their children/grandchildren for more than 10 years. On Thursday evening, February 13th, we were pleased to host a reception/dinner for members of twelve Greensboro community families who were reunited with their parents from Oaxaca, Mexico. AMEXCAN secured tourist visas for the parents so they can spend two months with their families in this area. It was a very special evening with over 130 people reuniting with family.

We are grateful to those from our church who volunteered to help with this special event.

*Photo, below left: Some of the parents*



## FaithAction ID Drive

We were pleased to host our fifth FaithAction ID drive Friday, February 14<sup>th</sup>. The FaithAction ID is not a government issued form of ID but it is a verifiable form of identification that can be used to better identify a person by law enforcement, health centers, schools, businesses and other city agencies. Cone Health also on-site providing assessments of blood pressure, blood glucose, hemoglobin A1C, medical counseling, oral cancer screening and flu shots. Other community service providers were also on site. Approximately 130 people received IDs and 41 participated in health screening. We are grateful to those from our church who volunteered to help with this special event.

Note: picture at right shows individuals involved (including the Greensboro Police Department and the Guilford County Sheriff's Department) in explaining what the ID provides and what it doesn't.



## Statistics from the Health Screening

- 41 Total Attendance
- 18 Flu Vaccines
- 38 Uninsured
- 28 Blood Glucose
- 36 Blood Pressure
- 10 RN Counseling
- 12 MD encounters
- 7 Urgent Care Aversions
- 1 ED Aversion
- 18 Dental/Oral Cancer Screenings



DO ALL THE GOOD YOU CAN, BY ALL THE MEANS YOU CAN,  
 IN ALL THE WAYS YOU CAN, IN ALL THE PLACES YOU CAN,  
 AT ALL THE TIMES YOU CAN  
 TO ALL THE PEOPLE YOU CAN,  
 AS LONG AS EVER YOU CAN.  
 ~John Wesley



### IN THE MAILBAG

Thank you for the thoughtful treats and encouraging cards.  
 Hannah Alexander  
 Colby Alexander



### Cooking Matters News

Plans are underway for our Summer Cooking Matters for Teens Course which will be held June 9,11,16,18, 23, & 25 (11 am – 1 pm). Let us know if you'd like to help with this important ministry in our community!

#### Cooking Matters Recipe of the Month

##### Tex-Mex Skillet

Serving Size—Serves 8, 1/2 cup filling and 1 tortilla per serving

##### Ingredients

- 1/2 medium head lettuce
- 1 medium green bell pepper
- 1 large tomato
- 1 small jalapeño pepper
- 1/2 medium red onion
- 2 cloves garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can black beans, no salt added
- 1 pound lean ground beef, chicken, or turkey
- 1 (12-ounce) bag frozen corn
- 1/2 cup water
- 3/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- Pinch ground black pepper
- 8 (6-inch) whole wheat flour tortillas

##### Instructions

1. Rinse lettuce, bell pepper, tomato, and jalapeño. Rinse and peel onion. Peel garlic.
  2. Chop or shred lettuce into bitesize pieces. Mince garlic. Halve the jalapeño and bell peppers. Remove seeds with the tip of a knife. Dice peppers.
  3. Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices.
  4. Grate cheddar cheese.
  5. In a colander, drain and rinse beans.
  6. In a large skillet over medium-high heat, cook meat, bell pepper, and garlic, until meat is lightly browned. Drain to remove fat.
  7. Stir in frozen corn, beans, water, and spices. Bring mixture to a boil. Lower heat and cover. Simmer for 10 minutes, or until most liquid is gone.
  8. While meat mixture is simmering, make a salsa. Add jalapeño and a pinch of salt to the grated tomato and onion. Stir and set aside.
  9. Divide the meat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, and lettuce. Roll up and serve.
- Chef's Notes**  
 Use any type of cooked beans in place of the black beans. For a vegetarian option, use an extra can of drained and rinsed beans in place of the meat. To increase heat, leave a few seeds from the jalapeño in the salsa. Or, season with an extra pinch of cayenne pepper. Top with rinsed and chopped tomatoes, green onions, low-fat sour cream, or low-fat plain yogurt, if you like.

**"POISED FOR PARKINSONS" A UNIQUE CLASS FOR PEOPLE LIVING WITH PARKINSON'S FUNDED BY A GRANT FROM THE PARKINSON'S FOUNDATION**

A "Poised for Parkinson's" course is starting in GREENSBORO May 1 - June 22, 2020 Mondays & Fridays 12:30pm-2:00pm Sedgefield Presbyterian Church, 4216 Wayne Road, Greensboro NC 27407 Course is Free. Registration is required. Limited to 12 participants.

FOR REGISTRATION & MORE INFORMATION please contact ASHLEY HYERS at [ashleyhyers4@gmail.com](mailto:ashleyhyers4@gmail.com) or phone 336-908-0028

The Poise Project® is a nonprofit with the mission of maintaining poise and personal growth throughout all stages and challenges of life using the principles of Alexander technique (AT). To learn more about Alexander technique and The Poise Project®, visit: [thepoiseproject.org](http://thepoiseproject.org)





**HOT DOG TUESDAY**

EVERY Tuesday (January– November)  
 11:30 am - 1:30 pm  
 Hinshaw United Methodist Church  
 4501 W. Gate City Blvd.  
 (formerly High Point Road)  
**BENEFITS LOCAL HUNGER**

Does a genetic risk for Alzheimer's disease change the benefits you get from exercise? Join researchers at UNC Greensboro to find out.

**STEP UP FOR THE FIGHT AGAINST ALZHEIMER'S WITH UNC GREENSBORO**



**PHYSICAL ACTIVITY & ALZHEIMER'S DISEASE 2**

You may qualify to participate if you:

- are generally healthy
- are between 40 - 65 years old
- have family history of Alzheimer's or dementia
- are not regularly physically active

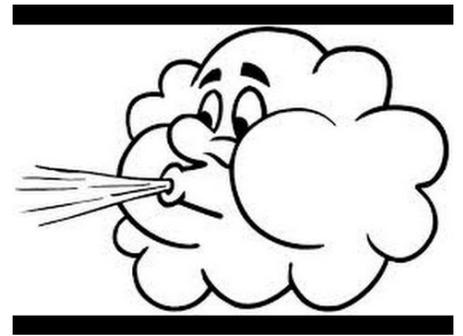
**CALL 336.334.4765**  
**EMAIL PAAD2@UNCG.EDU**  
**VISIT GO.UNCG.EDU/PAAD2**

**INCENTIVES**

- 1-year group exercise program at a YMCA or a short-term YMCA membership
- Up to \$150 for testing sessions
- Picture of your brain

10.8.2019

# MARCH



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 1 PFH Communion	2 Primary Voting Site →	3 5:30 Yoga	4	5	6	7 Session Retreat 9 am-2 pm	
8 Daylight Savings Time Begins	9	10 5:30 Yoga	11	12	13	14	
15	16	 17 5:30 Yoga	18 11:30 Women's Lunch at Bravo	19 6:30 A Celtic Gathering, Covered dish dinner	20	21	
22 Benevolence Basket; Youth at Potter's House	23 6:30 Women's Dinner	24 5:30 Yoga	25	26	27	28	
29	30	31 5:30 Yoga	<b>Looking ahead to April:</b> Sunday April 5 begins Holy Week with Palm Sunday, and continues until Easter Sunday, April 12. Please plan to attend worship services during this very special time.				



## Sedgefield Presbyterian Church

4216 Wayne Road Greensboro, NC 27407 Office Phone: 336-299-4061



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**Church Email:** office@sedgefieldpresbyterian.org   
 **Church Website:** www.sedgefieldpresbyterian.org

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**Kim Priddy, Pastor** 336-299-4061/cell 336-587-5978    PastorKimspc@gmail.com

**Andrew Bucior, Jr., Music Director**  
**Rev. Frank Dew, Pastor,** Peace and Justice Advocate

**Korina McGill,** Preschool Director  
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